NEDH lowers the boom on Norwich House

If you happened to glance out the window in the direction of Norwich House on October 29 at 4 P.M., you would have seen the arrival of a crane with a 100-foot boom. The boom came down on Norwich House the next day leaving many Deaconess employees with mixed emotions. Norwich House had been used as the hospital's psychiatric unit from January, 1959 to May, 1972, when the unit was enlarged and moved to Deaconess 4.

Replacing the building will be the new laboratory and radiation therapy building, a badly-needed and eagerly-awaited facility.

The Norwich House was originally the Channing Home for tubercular patients. The history of the Channing Home dates farther back than its address at 198 Pilgrim Road.

The Channing Home began in 1855 when a young woman, Miss Harriet Ryan, cared for poverty-stricken women who had tuberculosis. Dr. William Ellery Channing gave her the basement of his rectory on Channing Street in Boston. It held six beds.

In 1907 the Channing Home moved to a new building — the Norwich House of today. It was a move of expansion. The new building had 29 beds. Until 1945 the Channing Home was still devoted solely to the care of women.

In 1950 anti-tuberculous drugs became popular and eventually conquered the disease. In 1957, a half century after occupation of its Pilgrim Road quarters and 102 years after its founding, the Channing Home closed its doors for lack of patients.

New England Deaconess Hospital bought the building and changed its name to Norwich House in honor of Samuel Norwich, a generous benefactor who left the hospital a large bequest.

After extensive renovation of the two-story stucco structure the doors were reopened in January 1959 to accommodate 19 psychiatric patients and a minimum staff — Head Nurse Mrs. Eldora Tobey, two nurses, a licensed practical nurse, and two aides. The two night shifts each had one nurse and one aide.

(*Continued on page 4*)

New England Deaconess Hospital
Boston, Massachusetts

pulse

VOLUME 27 — NUMBER 2 NOVEMBER 1973

Film honors Dr. Warren

Dr. Shields Warren was the subject of an audiovisual memoir presented by the Alpha Omega Alpha Honor Medical Society on October 9 at 3:30 p.m. in the Joslin Auditorium. The film is part of the series "Great Men and Women in Medicine" produced by the A.O.A. and the Josiah Macy Foundation, and was being presented here at the Deaconess for its first viewing by an audience. Among those attending the screening were Dr. Warren, his wife Alice, family, friends, Dr. John Z. Bowers, and other close associates.

The film, in which Dr. Warren was interviewed by Dr. Bowers, president of the foundation and A.O.A., explored Dr. Warren's life and career in medicine.

Born in 1898 in Cambridge, Dr. Warren first pursued a career in zoology, graduating in 1918 with an A.B. from Boston University. After service in the army during World War I, Dr. Warren went to Harvard Medical School, graduating in 1923.

Interested in pathology, Dr. Warren trained with pathologist Dr. Frank Mallory at Boston City Hospital. In 1927 Dr. Warren became a pathologist at New England Deaconess Hospital. At that time there were no established pathology laboratories at NEDH, enabling Dr. Warren to organize a department according to his own philosophy and style of working.

Dr. Shields Warren (l.) and Dr. John Z. Bowers.

At NEDH he established associations with Dr. Elliot P. Joslin and Dr. Frank Lahey. Dr. Joslin was responsible for Dr. Warren's first specialization — pathology of diabetes. In his association with Dr. Frank

(*Continued on page 5*)

Dr. Meissner wins high award

One of the highest awards of the Alumni Association of the Lahey Clinic Foundation, the post of honorary member, has been made to Dr. William A. Meissner and Robert C. Tyson of New York City.

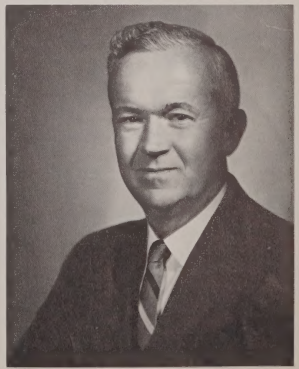
Dr. Meissner, Professor of Pathology at Harvard Medical School, has been affiliated for over 30 years with the pathology departments of the New England Deaconess and the New England Baptist Hospitals where he served as chairman of both departments.

Mr. Tyson, former Director and Chairman of the Finance Committee of the U. S. Steel Corporation, is Chairman of the Board of Trustees of the Lahey Clinic Foundation.

Dr. Meissner was presented by Dr. Carlton R. Souders of the Lahey Clinic who described Dr. Meissner's early work on cancer of the thyroid as a "classic" in medicine. The citation for Dr. Meissner described his award by the American Cancer Society for "outstanding cancer control" and stated, "We of the Lahey Clinic feel privileged to value not only your professional competence, but also your personal friendship."

Dr. Meissner, in his response, told of his association with the Clinic and its staff and of his long friendship with Dr. Frank H. Lahey. Dr. Lahey, he pointed out, selected individuals to be his associates in group practice, people who believed in the importance of patient care.

(*Continued on page 4*)



Dr. William A. Meissner

Dancing at Deaconess

"To dance is to live" is a Snoopyism put to practice on Deaconess 4, where Gene Bartow conducts dance and movement sessions every Monday morning at 9:30.

Gene is a 21-year old student at Goddard College, Vermont, who volunteers his time and talent to lead a dance structured group session with the patients in the psychiatric unit. The class is held in cooperation with Ms. Polly Sullivan, recreational therapist, and Mrs. Irma Kellner, director of volunteers.

Participation on the part of the patients is voluntary. Gene usually has a class of ten in a unit of 20 to 30 patients. Sessions are easy going and flexible, with the tempo decided by the mood of the group at the time of the class.

"I can't over-emphasize the importance of flexibility," says Gene. "Each session must be tailored to fit the temperament of the population."

Sessions are always started with exercises to relax and limber each individual. Everyone sits in a circle and takes off his shoes.

"Most of the exercises I use are describing circular patterns in the air with isolated parts of the body. This type of movement uses the greatest number of muscles possible," says Gene.

The exercise portion is conducted to the brisk tune of "Carmen." To the accompaniment of a ballet like "The Nutcracker Suite," the group abandons the seating arrangement for actual dance steps, moving, marching, strutting, and dancing. The stretching, bending, kicking, and tapping are all progressive exercise and coordination skills.

"I never progress to a higher step until I feel that the lower one has been scaled. Some sessions never go beyond the introductory exercises, but since the session is determined by the participants, we are satisfied. The two tenets I find to be true in leading dance are these:

"Always be spontaneous and completely flexible. Lack of either of these may drown the feeble spark of genuine interest that you're so desperately trying to ignite. And never try to do something that the participants aren't ready for or interested in. It's a sure-fire way to kill a session," says Gene.

Dancing, stylized and standard, is the final step. Waltzes, line dances, folk dances, and ballet are enjoyed. For these numbers, Gene does not limit himself to the classics and may use a "Tea for Two" tune or jazz. Music and dance selections all depend on the spirit of the group. If spirit and body are willing, the session climaxes with a lively can-can. It may not be Paris, but the enthusiasm and enjoyment are still there.

"By this time everyone is tired. Being tired makes the participants more receptive to the final set of exercises and activities and a tired feeling is a good healthy feeling that we too often try to avoid," says Gene.

The final stage is accompanied by "The Peer Gynt Suite," a soothing, relaxing piece that puts mind and muscles at ease. Here Gene and his group of patients and participating nursing staff do interpretive dancing and sensitivity exercises, including breathing exercises. It is at this time that individual expression and interpretation are encouraged.

No two sessions are alike. A session may last from a half hour to an hour.

Gene plans several alternate sessions at home and chooses the one he thinks will work best when he walks in the door to a class. It is then that he can evaluate the group's mood and physical ability and decide the length and content of the class.

Gene has been educated and trained to work with special groups. He supplements his study of psychology at Goddard with courses in modern and folk dances at the Massachusetts Institute of Technology and Boston University. He has participated in dance and movement classes at Waterbury State Hospital, Vermont.

At night Gene works in the Diabetic Treatment Unit as the evening recreation director. Bowling, movies, games, and conversation give the teenagers a break from their schooling and a chance to compare notes as diabetics.

Gene's program at Goddard College allows him to do his work terms outside of Vermont. It has allowed him to bring dancing to Deaconess.

He follows Snoopy's philosophy that dancing is living. Gene also feels that dancing is communication, expression, and learning. The patients would seem to agree.

Gene Bartow (facing camera) leads the group in warm-up exercises.

Doctors doings

Drs. Donald M. Barnett, George F. Cahill, Jr., Leo P. Krall, and **Alexander Marble,** internal medicine, lectured at the Joslin Society Reception and Meeting held July 19 in Brussels, Belgium. **Dr. J. Stuart Soeldner,** Joslin Research Laboratory, also attended.

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Dr. James A. Bougas, thoracic surgery, spent 10 days in August as a guest of the Greek Foreign Ministry. He travelled through Greece reviewing health institutions and organizations to suggest ways to improve health facilities and medical schools.

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Drs. Robert F. Bradley, Jr., George P. Kozak, Leo P. Krall, and **Alexander Marble,** internal medicine, and **Dr. J. Stuart Soeldner,** Joslin Research Laboratory, were lecturers at the Third Annual International Postgraduate Panamerican Course, Diabetes, in Relation to General Medicine held October 29-31 and November 1 at Rio de Janeiro, Brazil.

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Dr. Robert W. Cali, gynecology, and **Dr. Marshall Strome,** otolaryngology, were inducted as new Fellows of the American College of Surgeons at the organization's 59th Annual Clinical Congress held October 15-19 in Chicago.

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Dr. A. R. Christlieb, internal medicine, gave a lecture entitled "Hypertension in the Diabetic" to the Georgia Heart Association's Silver Anniversary Meeting in Atlanta on September 21. Dr. Christlieb published the article "Diabetes and Hypertensive Vascular Disease: Mechanisms and Treatment" in the September 1973 issue of *The American Journal of Cardiology.*

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Dr. Bentley P. Colcock, general surgery, was voted first vice president-elect at the American College of Surgeons Annual meeting of Fellows on October 18 in Chicago. He took office at the 1974 Clinical Congress of the College held October 21-25 in Miami Beach.

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Dr. Thomas Leavitt, Jr., gynecology, served as a panel moderator for a Harvard Medical School postgraduate course, "Far Advanced Gynecologic Malignancy."

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Dr. John L. Rowbotham, Medical Director of the Stoma Clinic, and

(*Continued on page 4*)

Retirements

Mrs. Elizabeth Murray

LEFT: A friendly face will be missing from Baker 5 with the retirement of Mrs. Elizabeth Murray. Mrs. Murray joined the Deaconess 15 years ago as the inservice coordination clerk for Deaconess 4, moving to Baker 5 after 10 years.

At her retirement party held October 18 in the Cafeteria Conference Rooms B and C, Director Richard E. Lee (l.), Unit Manager Dick Perrin (r.), and Service Coordination Department Manager Tom Hutchinson (far right) presented Mrs. Murray with a tapestry jewelry box in appreciation for her many years of service. Friends, co-workers and family attended the party, wishing Mrs. Murray happy times in her new leisure days.

Mrs. Murray, a widow, plans to keep those free days filled with activity. Although she'll be living with her daughter and family in Hyde Park, she'll be visiting her two sons, six grandchildren, relatives, and friends. Already busy with sewing and knitting, Mrs. Murray hopes to take up ceramics.

Miss Vera Russell

RIGHT: Miss Vera Russell, one of the most popular and dedicated employees in the NEDH School of Nursing, retired September 28 after 19 years of service as recreation director. On October 9 at Harris Hall a tea was given in her honor. The switch from hostess to guest of honor was quite a change for Miss Russell, who usually works behind the scenes. There was standing room only as friends, co-workers, and nursing students came to say goodby. After Director of Nursing Ellen D. Howland (r.) pinned a corsage on Miss Russell, she also presented her with a Deaconess charm from the nursing school and a "pot of gold" from the nursing service council, faculty council, and friends. A gift from the Deaconess of six butter spreaders in Miss Russell's Camelia silver pattern was presented from the Deaconess by Director Richard E. Lee, Paul Coss, President of the NEDH School of Nursing Student Council, said a bon voyage with a gift of a passport case.

In a few months Miss Russell, her sister, and roommate, Miss Lelia MacGrath will be embarking on a round the world cruise. After a visit with her family in Nashville, Miss Russell and company will take the next few months to plan the trip and then leave for a world of sightseeing.

Miss Muriel Palmer

After 34 years at the Deaconess, Miss Muriel Palmer retired as head nurse on Farr 11 on October 31. Miss Palmer joined the hospital in 1939 as a staff nurse in the Deaconess building, becoming a night supervisor in 1943. Eight years later she became head nurse on Deaconess 3 South and has been head nurse on various floors ever since then.

Originally from New Brunswick, Canada, Miss Palmer went to nursing school in St. John, practiced nursing for five years in New Brunswick, then came to Boston.

In the 34 years that Miss Palmer has been at the Deaconess, she has made many friends. Some of these friends and co-workers surprised her October 30 with a party on Farr 11. It was a fond farewell to a dedicated nurse.

RIGHT: *Mr. Carlton Francey (l.) receives gifts from Mr. Cornelius H. Keating, manager of maintenance and engineering, and Mr. Hubert D. Sycamore (r.), assistant director.*

Mr. Carleton Francey

LEFT: Mr. Carlton Francey, the "jack of all trades" at the Deaconess, retired November 2 after six years of service in the maintenance department. At a retirement party held October 31 in the maintenance workshop, he was honored by friends, co-workers, and fellow retirees.

"The backbone of the hospital," as co-worker Mike Angeloni called him, Mr. Francey worked in the Shields Warren Radiation Laboratory adjusting and fixing air conditioning, lights, plumbing, and any other fatality of modern engineering.

Before joining the Deaconess, Mr. Francey was a marine engineer in coastwise towing for 15 years, then a maintenance man in various apartment houses.

He and his skills in maintenance will be sorely missed, as evidenced by the length and number of farewell speeches given Mr. Francey by Mr. Cornelius H. Keating, manager of maintenance and engineering, Mr. Ray Carlson, clerk of the works, and Mr. Hubert D. Sycamore, assistant director. Mr. Francey's response was, "Good luck and thanks a thousand."

NEDH receives teaching machine

Pictured making the presentation are: (l.-r.) Mr. Irv Swirsky, Eaton regional sales manager, Mr. Dave Brown, Eaton hospital representative, Dr. Joseph Dowd, NEDH active staff and chief of urology at the Lahey Clinic, and Mr. John Blair, Eaton district sales manager.

Eaton Laboratories, Division of Morton-Norwich Products, Inc., has loaned to the NEDH Department of Urology on a long-term basis a SONY color videocassette system. In addition to the system, which includes a television receiver and a videocassette player, Eaton also loaned seven videocassettes which discuss 22 different medical or surgical subjects.

Additional videocassettes on other subjects will be provided in the future for the urology department's audio-visual library. Eaton presently has one of the largest single collections of urologic films available to the medical profession.

The presentation was made on October 22 at Anthony's Pier 4. Dr. Joseph Dowd, NEDH urology and chief of urology at Lahey Clinic, accepted the system for the Deaconess. Also attending were Dr. Jose Villenueva, chief urology resident at the Deaconess, Miss Claire Plourde, R.N., and Miss Nancy Donovan, R.N.

Teaching systems were also presented to the urology departments of three other Boston hospitals.

NEDH hosts diabetes seminar

The postgraduate course "Diabetes Mellitus in Relation to General Medicine" was held October 10-12 in the Joslin Auditorium. Sponsored jointly by the Harvard Medical School Department of Continuing Education and the Joslin Diabetes Foundation in cooperation with NEDH, the program is coordinated by Drs. Alexander Marble and Robert F. Bradley, Joslin Clinic, and Dr. George F. Cahill, Jr., Joslin Research Laboratory.

Most of the 100 physicians who attended the lecture/panel discussions are specialists in internal medicine with some training in diabetes. The program is aimed at improving the care of the diabetic by teaching doctors from other parts of the country the most up-to-date diagnostic and treatment methods.

Most of the staff for the three day program were members of the Joslin Clinic and Joslin Research Laboratory. Also lecturing were Dr. Frank C. Wheelock, Jr., a surgeon at NEDH, Mrs. Ruth Morse, co-ordinator of nutrition services at NEDH, and Miss Carol Stuyvesant, therapeutic dietitian at NEDH.

The seminar is offered yearly, with revisions in the program to include advances made during the year.

Thanksgiving delights

While most Deaconess employees feasted at home with their families on Thanksgiving, those employees who had to work on November 22 were treated by the hospital to a succulent turkey dinner with all the trimmings. Employees, some with their families, and pensioners crowded the Deaconess cafeteria 11:30 A.M. to 1:30 P.M. for a tasty meal which helped to make working on a holiday more pleasant.

Norwich House . . .

(Continued from page 1)

Before moving to Norwich House the psychiatric unit had its patients mixed with medical and surgical patients at Deaconess. The only centralized area of the unit was the treatment room for electric shock therapy on Deaconess 1, under the direction of Mrs. Muriel Bayne, R.N.

A cohesiveness of staff and closeness among patients characterized this unit since its centralization in Norwich House. This closeness stemmed from the type of unit and was perpetuated by the need of the staff to be conscious of patient relations and, therefore, their own interactions at all times. Patients developed many close relationships among themselves because of the type of program at the unit and their ensuing ability to work together at a peer level.

Until 1969 the Norwich House was more of a custodial home. Changes came that year with more staff members and more programs. There were ward meetings with patients. Meetings with staff and doctors to discuss patient care, treatment, progress, and problems were scheduled weekly. Ms. Barbara Hoyle, R.N., became the unit teacher and was responsible for giving instruction and orientation to nurses and aides new to the unit. A recreational therapist was hired.

Activities were increased. The Red Cross taught weaving. There were exercise programs, picnics, and programs planned by the occupational therapist.

When the psychiatric unit was transferred to Deaconess 4 in May, 1972, these programs did not come to an end. Activities and patient care improved.

There are more staff members and patient capacity has increased to 27. The atmosphere is more cheerful and there is more space. But Norwich House has come to an end.

Used for offices for a year, Norwich House had to make way for progress. What some people described as an old gray eyesore and others thought of as an antique with grace and charm will be replaced by a multi-level modern building housing laboratories and radiation therapy.

Those of us who are sentimental will miss the ivy covered exteriors and the high ceilings and wood floors of the interior. But tile and concrete have its place, too. And we will enjoy watching the day by day growth of a new building.

Dr. Meissner . . .

(Continued from page 1)

He said he could not put his finger on the characteristic which is common to the physicians of the Lahey Clinic but he finds there is a certain warmth, a charisma, and he added, "I consider myself fortunate to have them as friends and colleagues."

Dr. John W. Norcross, a trustee and staff physician of the Lahey Clinic, praised Mr. Tyson for leading the Clinic "through difficult times — times when the heavy hand of government has become an ever-increasing burden to all medical institutions — and we are certainly no exception.

"He (Mr. Tyson) has given freely of his time and expertise for the benefit of our institution and is dedicated to the ideal that group practice of the type conducted by the Lahey Clinic must be preserved for the good of our fellow citizens in the future."

Mr. Tyson responded by thanking the alumni for the award and congratulated them on their achievements at the Lahey Clinic and throughout the nation and the world. There are 1,800 alumni who have received fellowship training at the clinic in various specialties.

Doctors doings

(Continued from page 2)

Mrs. Edith Lenneberg, Coordinator of the Stoma Clinic, attended the Second National Conference on Cancer of the Colon and Rectum, sponsored by the American Cancer Society on September 27-29 in Bal Harbour, Florida. Mrs. Lenneberg presented a paper on "The Role of Enterostomal Therapists and Stoma Rehabilitation Clinics: A Second Look." Dr. Rowbotham chaired a session on "Rehabilitation of the Patient with Colostomy."

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Dr. Rob Roy McGregor and **Dr. Robert Levine,** podiatry, presented a paper entitled "The Problem Oriented Record as it Pertains to Podiatry" at the American Podiatry Association Annual Meeting August 18 in Washington, D. C.

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Dr. John Libertino, urology, was a visiting professor at the University of Connecticut Medical School, Hartford, where he lectured about "Technical Aspects of Renal Transplantation" and "Immunobiology of Rejection" on May 21. On April 17, he presented a paper on "Revascularization of the Totally Occluded Renal Artery" to the southeastern section of the American Urology Association in Palm Beach, Florida. He published two articles in the April 1973 issue of *Surgical Clinics of North America.* They were entitled: "Technical Aspects of Renal Transplantation" and "Technique of Ureteroneocystostomy for Renal Transplantation and Reflux."

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Dr. Bernard F. Mann, Jr., pathology, left on September 11 for Saudi Arabia where he will be chief of pathology at the Arabian-American Oil Company Headquarters Hospital at Dhahram.

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Dr. James T. Sparks, internal medicine, was certified in internal medicine and hematology by the American Board of Internal Medicine in January 1973.

THE FRIENDS AND THE CHRISTMAS BAZAAR. *The Friends of the Deaconess are hard at work preparing for the Annual NEDH Christmas Bazaar to be held December 7 at 9 A.M. in the Farr lobby. Pictured are bazaar committee members (l.-r.) Mrs. Richard S. Paige, Friends President Mrs. John L. Rowbotham, Mrs. George Dempsey, Bazaar Co-chairwoman Mrs. Leo Krall, and Mrs. Allen Joslin.*

On the committee but not pictured are Bazaar Co-chairwoman Mrs. Elmer Hinton, Mrs. Elton Watkins, Jr., Mrs. James Mountz, Mrs. David Z. Logan, and Mrs. Shields Warren. Besides featuring handmade and saleable articles, the bazaar is offering holiday candy and baked goods. Donations will be happily accepted and may be given to bazaar committee members or to Mrs. Irma A. Kellner, director of volunteers.

Sponsored by the Friends and the School of Nursing, the bazaar is held for the benefit of the School of Nursing scholarship fund.

Alpha Credit Union ups savings to 5½%

At a meeting on October 24 the Board of Directors of the NEDH Alpha Credit Union voted to increase dividends on shares from five to five and one half per cent payable semi-annually. The new interest rate will make the credit union competitive with other savings banks.

The Alpha Credit Union, founded in 1941, was the first hospital-based credit union in Massachusetts.

Today the credit union has a membership of 1400, six hundred of whom are borrowers. Total assets are $635,000.

Employees of the Deaconess can join Alpha at any time, but cannot borrow money until they have been employed for six months. Deposits can be made both through payroll deductions or voluntary payments. All loans are subject to review by the credit committee before the loan is issued.

There are two types of loans: secured and unsecured. A secured loan has a limit of $3500 and is essentially an automobile loan. It must be repaid within three years. An unsecured loan has a limit of $500, available on signature alone with no collateral required. It must be repaid within one year.

As another service the credit union has registered checks for sale at 25c a check.

Alpha Credit Union is located on Baker 1 and is open from Monday to Friday, 10 A.M. to 4 P.M. Miss Joan Stevenson and Mr. Lubomir (Lou) Szumski will be happy to serve you.

Dr. Warren . . .

(Continued from page 1)

Lahey, the team approach to clinical medicine was stressed.

While at Boston City Hospital, Dr. Warren began researching radiation therapy and its potential ability to cure cancer. After World War II, he went to Nagasaki to do the first study on the survivors of the atomic bomb. Besides observing the immediate effects of radiation, Dr. Warren helped to start a study in genetics to survey the effects on second and third generations of the victims.

His research on radiation at the Deaconess and at Nagasaki brought him to the attention of the U. S. Atomic Energy Commission, on which he served as a member of the Medical Advisory Committee and still serves as consultant.

"In 1947 I believed that atomic energy could cure anything," said Dr. Warren in the film. Dr. Bowers said that Dr. Warren's most important contribution to medicine was his help in introducing radioactive isotopes to the biomedical field.

He has had major accomplishments and is still involved in diabetes, cancer, and radiation research.

How does Dr. Warren summarize a 50-year career in medicine? He provides his own summary in the film. "It's been a wonderful half century. I'm having an awfully good time and hope to continue to do it (practice medicine)."

Employees in action . . .

Mrs. Muriel L. Bayne, R.N., electrotherapy unit; **Miss Charlene Cutler,** L.P.N.; **Miss Barbara Hoyle,** R.N., assistant head nurse on Deaconess 4; **Mrs. Virginia Nelson,** R.N.; **Mrs. Eldora R. Tobey,** R.N., head nurse on Deaconess 4; and **Ms. Polly Sullivan,** recreational therapist, attended the Eleventh Annual Clinical Meeting entitled "Behavioral Therapy in Psychiatric Practice," a seminar sponsored by the Association of General Hospital Psychiatrists, October 3, at St. Elizabeth's Hospital in Brighton.

A lecture and slide presentation on the history and cases of the Shriners Burns Institute was attended on October 11 at the Institute in Boston by **Miss Helen A. Carcio,** R.N., instructor in the NEDH School of Nursing.

Miss Paula DePalma, R.N., coronary care unit, **Miss Linda Murray,** R.N., intensive care unit, and **Miss Elaine Sherwood,** unit teacher on the intensive and coronary care units, attended a cardiovascular conference sponsored by the Heart Association of Greater Hartford, September 21-22, in Hartford, Connecticut.

Mrs. Margaret Drees, R.N., in-service education instructor in the department of nursing; **Miss Jean Hopkins,** R.N., nursing supervisor, and **Miss Barbara Hoyle,** R.N., assistant head nurse on Deaconess 4, were among attendees at a conference on "Newer Dimensions in the Rehabilitation of the Patient with Cancer" sponsored May 10 by the Massachusetts Nurses Association's Rehabilitation Special Interest Group, at NEDH's Joslin Auditorium.

Miss Johanna Dwyer, R.N., coordinator, staff education, attended the Massachusetts Nurses Association state convention entitled "Continuing Education: Voluntary or Mandatory?", October 3-5, in Hyannis. Also attending were **Miss Birdie Hanson,** R.N., supervisor in the intensive and coronary care units; **Miss Ellen D. Howland,** R.N., Director of Nursing; **Miss Ann Hurley,** R.N., instructor, staff education; **Mrs. Chilla Merrill,** R.N., nursing cordinator for evenings and nights; **Miss Lois Preston,** R.N., Associate Director of Nursing Service; **Miss Betty Smith,** R.N., nursing supervisor; and **Mrs. Sharon Tassler,** R.N., instructor in the NEDH School of Nursing.

Mrs. Nancy Hayes, R.N., attended a conference entitled "Acupuncture: The Effect on Organic Pain and It's Use for Surgical Anesthesia" sponsored by the Department of Psychiatry of Tufts New England Medical Center, October 11, at the Medical Center in Boston.

Miss Jean Hopkins, R.N., nursing supervisor, took part in a workshop on the "Implementation of the Nature of Nursing," sponsored by the Massachusetts Nurses Association's Council on Ethical, Legal, and Professional Practice, May 30 in Sutton, Mass.

Miss Ellen D. Howland, R.N., Director of Nursing, and **Miss Lois Preston,** R.N., Associate Director of Nursing Service, participated in the Institute to Effect the Implementation of Standards for Nursing Services to Enhance Nursing Practice sponsored by the American Nurses Association, September 14, at the Statler Hilton Hotel in Boston.

Miss Stella A. Kosowicz, R.N., instructor, staff education, was a speaker at the Workshop on Diabetes" sponsored by the Maine Medical Association, Maine Nurses Association, and Sanford-Springvale Community Health Association on October 29 in Springvale, Maine. She discussed "Nursing Care of the Acutely Ill and Chronically Ill Diabetic Patient."

A recovery room seminar sponsored by the Florida Anesthesia Association, October 25-28, in Tampa, Florida included in its audience **Mrs. Virginia Provost,** R.N., assistant head nurse in the recovery room, and **Miss Nancy Sweeney,** R.N., recovery room.

Miss Virginia Randall, librarian at the NEDH School of Nursing, attended a conference sponsored by the New England Regional Council on Library Resources for Nursing, October 7-8, at the New England Center for Continuing Education, Durham, New Hampshire.

Miss Ruth Sullivan, librarian of the Horrax Library and the Patients' and Employees' Library, was present at the New England Regional Group meeting of the Medical Library Association, September 14-15, at Dana Biomedical Library, Dartmouth College, Hanover, New Hampshire.

Christmas notes

The NEDH School of Nursing welcomes Christmas early with a concert gvien by the Glee Club on Wednesday, December 5, at 8 P.M. in the Joslin Auditorium. All hospital employees and their families are invited to get into the Christmas spirit.

Refreshments will be served after the concert at the Riverway Restaurant.

Pre-Christmas precautions

Hark the herald angels sing! 'Tis the season to be jolly. The Christmas spirit is upon us as wreaths, tinsel, and lights come out of storage for glorious display.

No "Bah, humbug" intended, but the holiday should be greeted with a degree of caution as well as lots of merriment. Here are some safety tips on tree selection and decorations guaranteed to make Christmas just as festive.

Choose the freshest natural tree available. A test for freshness is to hit the butt of the tree trunk against the ground. The tree is too dry if the needles cascade to the earth. Another trick is to bend the needles between your fingers. If they bend instead of break, you have the perfect tree. Take it home.

Keep the tree in a cool place, preferably outdoors, for as long as possible before Christmas. When it is ready to be brought inside, cut diagonally one inch from the base before placing it in a water-container stand. The water level should always be above the cut. Sprinkle the branches frequently with water. This will keep the tree lively, preventing the needles from drying and preserving its delightful aroma.

The tree should be kept in the coolest part of the house and away from heat sources, such as radiators, and heat-generating units, such as a television and stereo. It should be in a low-traffic area away from hallways and doors.

Metal and plastic trees have become increasingly popular over the years. Artificial trees last several seasons, are light and easy to handle, and glitter as no natural tree can. However, these trees have hazards just as their natural cousins do. There is the danger of electrical shock if the usual strings of tree lights are used on metal trees, so use no lights at all. Tips of metal branches may touch lamp sockets or a broken light bulb. The whole tree becomes electrically charged in these instances.

Check tree lights for burned-out bulbs, frayed cords, exposed wire, and loose sockets. If you have to invest in a new set of lights, buy only those with the UL label. Hang the lights so the bulbs rest between the branches and not on them.

Plastic trees also bring a slight danger. Some plastic trees are quick to burn and you can't tell the difference just by looking at them. The "UL (Underwriters Laboratories) Listed" label on the tree indicates the degree of fire resistance.

No matter what type of tree you have, a fun part of Christmas is trimming it. Always use nonflammable ornaments. If you are using metal foil icicles, don't have them dangling near bulbs or light sockets. Hang only unbreakable baubles on the lower branches which are easily reached by curious pets and children.

When decorating the outside of your home, you must use lights and equipment specially designed and labelled for outside wear. Keep cords away from moisture. Run them above ground or over wooden stakes high enough to avoid contact with snow. Before installing or repairing outdoor lights, always turn off the electricity.

Be wary of over-loading electric circuits whether you're using indoor or outdoor lights. And remember to turn off all Christmas lights before going to bed or leaving the house.

Decking the halls with boughs of holly may look lovely, but greenery can burn quickly when adorning candles. A marriage of candle and mistletoe does not work. Keep your beautiful Christmas candles high above furnishings away from children and other easily ignitable substances.

The excitement of Christmas Day should not be clouded by carelessness. Do not set up electric toys or trains under the tree. Dispose of all those fancy wrappings, but don't burn them in the fireplace. Keep areas clear by removing all packages that might cause falls if left where they were unwrapped.

Christmas brings visitors. Welcome your guests with clear walks and driveways and a bright porch light for night-time arrivals. Have the best of food and drink, but remember that more than half of all fatal traffic accidents involve people who have had one for the road. A rule to follow for those drinking alcoholic beverages is one drink per hour, which is all the alcohol the body can safely absorb in that amount of time. Close the bar a little early and serve a coffee nightcap.

Some closing tips for the road: good driving and good mechanics go hand in hand. Have your car winterized. Before going on a long trip, have the automobile thoroughly checked before starting out. Examine brakes, lights, wipers and defrosters, tires, battery and ignition system, and the exhaust system. Always buckle those seat belts. Match your speed to road and weather conditions and allow plenty of time to get to your destination. Besides December weather, the highways will be affected by other holiday travellers.

So eat, drink, and be merry. With a little caution, of course. And have a Merry Christmas!

New England Deaconess Hospital
185 Pilgrim Road
Boston, Massachusetts 02215

pulse

The New England Deaconess Hospital is a 482-bed and 16-building complex. Physicians from the Joslin Diabetes Foundation, Inc., the Lahey Clinic, Overholt Thoracic Clinic and the independent medical and surgical staffs serve the needs of their patients at the hospital. The Deaconess is internationally known for diagnosis, treatment and research in brain and chest surgery, cancer, diabetes and general medicine.

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R. D. Lowry
Executive Vice President
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Director
Evans F. Houghton
Public Relations Manager
Diane Wiffin
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M. Eleanor Clapp
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185 Pilgrim Road
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